



# Mental Health Check-up



This **FREE** one-hour seminar is to educate the adult Linden community on how to manage a healthy mind. This seminar is designed to:

- \*Promote health and prevent mental/behavioral health concerns
- \*Help participants understand when to seek help.
- \*Explore various stigmas associated with mental illness.

**Where:** Linden TV Channel 36/42

**Time:** 1:00pm

**Date:** Monday, May 24, 2021

**Health Educator:** Helene Miller, MD, Psychiatrist  
Family Psychiatry and Therapy

Mental Health is proudly sponsored by: **ARISTACARE** @DELAIRE

View full class descriptions and register online at

<https://register.communitypass.net/linden>

All first-time registrants are required to call 908-474-8600 or 908-474-8627  
Monday-Friday 9:00am-4:00pm to set up an account.



Another quality program offered by the **Department of Parks & Recreation**  
For more information, please call 908-474-8600